

The Handhelds

fries, chips, cole slaw, sweet potato fries or fresh fruit Gluten Free Buns Available

Grilled Chicken BLT american, mayo, wheat or white bread | 14

Gourmet Grilled Cheese tangy goat cheese, caramelized onions, swiss, peppery arugula, pickled beets, crispy sourdough | 11

Coffee Cured Pulled Pork coleslaw, brioche bun | 14

Buffalo Chicken Wrap lettuce, tomato, cheddar, ranch, buffalo sauce | 14

California Style Turkey Sandwich fresh avocado, mayo, cheddar, bacon, wheat bread | 14

Turkey Rachel swiss, thousand island, slaw, rye bread | 14

Blackened Grouper BLT horseradish tarter sauce, brioche bun | 16

Angus Burger 8 oz. NC angus sirloin, lettuce, tomato, red onion, brioche bun | 13 Add Bacon | 2

Grilled Portabello Mushroom Burger avocado, grilled onions, swiss cheese, basil aioli 13

Asian Chicken Wrap mandarin oranges, snow peas, peppers, carrots, cashews, wontons, ginger soy vinaigrette | 14

The Soups

Soup of the Day 5|7 Seafood Soup of the Day 6|8

The Greens

Asian Chicken Salad mandarin oranges, snow peas, peppers, carrots, cashews, wontons, ginger soy vinaigrette | 13

Caesar Salad GF romaine, parmesan, croutouns, caesar | 6/9

House Salad GF spring mix, tomatoes, cucumbers, carrots, croutons | 6/9

Avocado Strawberry GF spinach, toasted almonds, feta, champagne vinaigrette | 12

Roasted Beet apple, arugula, toasted walnuts, balsamic | 12

Tuscan Kale Caesar GF vegan sourdough croutons, crispy chickpeas, romaine lettuce, housemade chickpea vegan caesar dressing | 12

Mediterranean Tuna Salad lemon olive oil, red onions, tomatoes, arugula capers and romesco sauce | 14

Quiche of the Day side house or caesar, cup of soup or fruit | 11 Substitue: Cup of Seafood Soup | 1

Add: Chicken 7 | Salmon 11 | Shrimp 9

Dressing Choices: Balsamic, Honey Mustard, Low Calorie Herb Vinaigrette, Italian, Thousand Island, Ginger Soy Vinaigrette, Homemade Chickpea Vegan Caesar, Raspberry Vinaigrette, Ranch and Blue Cheese

*Consumer advisory: items that are served raw or undercooked, or may contain raw or undercooked ingredients. Consuming raw or undercooked beef, lamb, eggs, fi sh, pork, poultry or shellfi sh may increase your risk of foodbourne illness, especially if you have certain medical conditions